EVANOVA

A Double-Blind, Randomized, Placebo-Controlled trial to evaluate the efficacy of a phytoestrogen formulation (EVANOVA) on Indian women with menopausal symptoms

*(Conducted by **Duru Shah, Sangeeta Agrawal…** Published in **BHJ Bombay Hospital Journal; Volume 48 No. 03, July 2006)***

The objective of the study was to evaluate the effects of a herbo-mineral phytoestrogen formulation (EVANOVA) containing soy isoflavones in Indian women presenting with signs and symptoms of menopause.

A prospective, randomized, double-blind, placebo controlled clinical trial was conducted in a public hospital in India. Sixty peri- and post-menopausal women with symptoms related to menopause were randomized and assigned to either group A (EVANOVA) or group B (placebo). Menopausal symptoms were graded along a scale (based on Kupperman Index) at baseline and changes were noted every two months, and thereafter for a total of 6 months. The group that received the EVANOVA showed 30-40%improvement in psychological symptoms as compared to placebo. This group also reported an overall sense of well-being as compared to the placebo group. Improvement was noted in vasomotor symptoms, symptoms relating to sexual activity and urinary symptoms in the group receiving EVANOVA.

Conclusion: The herbo-mineral phytoestrogen formulation (EVANOVA) containing soy Isoflavones is effective in the management of the symptoms in menopausal women as compared to placebo.

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Evanova—a herbomineral preparation—is effective in the treatment of menopausal complaints: an Indian experience

(*Conducted at* ***AIIMS, New Delhi by Dr. Alka Kriplani)***
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This was a 6-month, prospective, randomized, double-blind, placebo-controlled study. Sixty female patients past 40 years presenting with menopausal symptoms, attending the menopause clinic of AIIMS in New Delhi, India, were included in the study. On comparing the symptom scores in the two groups after 6 months of therapy, it was found that the group receiving Evanova showed a statistically significant reduction in vaginal irritation, loss of libido, insomnia, irritability, loss of confidence, depression and weakness, as compared to placebo. Importantly, Evanova is well tolerated and causes fewer treatment-related adverse events; which are mild and do not interfere with patient compliance, nor require treatment withdrawal.